

# EXTREME RECESS:

## SPORTS & ADVENTURE CAMP



*\*Please note: This document is for informational purposes, but details and schedules may change. Camp letters and forms will be mailed to registrants approximately two weeks prior to the start of camp with the most current information. Click on the blue course and section numbers below to register online for this camp or check if there are any openings.*

### Camp Description:

**9-12 yrs / 1 week, start dates below / \$225**

Experience a camp that is packed with “old school style” games, sports and new adventures that will send your child home happy and excited for the next day. This camp offers a variety of activities including swimming, kayaking, fishing, archery, basketball, capture the flag, kickball, dodgeball, hiking and much more! Schedule is subject to change; camp is held rain or shine. Fee includes bus or van transportation, supervision and activities. Bring a non-perishable lunch (no nut products) and beverage. For more information, contact Dawn Thomas at 410-313-4623.

<a href="#">RP9710.401</a>	Meadowbrook Ath Comp	June 15	9 AM-5 PM	M-F
<a href="#">RP9710.402</a>	Meadowbrook Ath Comp	June 22	9 AM-5 PM	M-F
<a href="#">RP9710.403</a>	Roger Carter Comm Ctr	July 6	9 AM-5 PM	M-F
<a href="#">RP9710.404</a>	Roger Carter Comm Ctr	July 13	9 AM-5 PM	M-F
<a href="#">RP9710.405</a>	North Laurel Comm Ctr	July 20	9 AM-5 PM	M-F
<a href="#">RP9710.406</a>	Meadowbrook Ath Comp	July 27	9 AM-5 PM	M-F
<a href="#">RP9710.407</a>	Meadowbrook Ath Comp	August 3	9 AM-5 PM	M-F

*Click the RP number above for online registration!*

### Camp Prerequisites:

- Must be able to pass a basic swimming test.

### What to Bring:

Eat a quality breakfast each morning. Please bring a small daypack with a full reusable water bottle and a non-perishable lunch. **Please do not bring any food items that contain any peanut or nut products (other children may be allergic). No cell phones or electronics allowed in camp due to the nature of the activities.** The Camp Director will have a camp cell phone available for all emergencies.

### Important Forms:

- [Participant Information Form](#) ←click to access form online  
You MUST bring this form, completed and signed, with you on the first day of camp. Without this form, we cannot accept your child at camp. Please notify the Camp Director in writing of any allergies or health concerns pertinent to your child's camp experience.
- [Medication Authorization Order Form](#) ←click to access form online  
Sending medication to camp is highly discouraged. But, if it is necessary for medication to be administered during the operation of the camp, a Medication Order Form must be filled out and signed by the parent. A separate form is required for each medication. All medications must be in the original container with the medication name, physician's name, dosage and expiration date.

### Directions:

**Meadowbrook Athletic Complex** - 5001 Meadowbrook Lane, Ellicott City, MD 21043. From Route 29, exit Route 100 East. Exit onto Long Gate Parkway (the first exit). Stay straight at the end of the exit ramp. After passing the Park & Ride, turn left into the Meadowbrook Park entrance.

**North Laurel Community Center** – 9411 Whiskey Bottom Road, Laurel, MD 20723

*From Baltimore:* Take I-95 South towards Washington and exit on MD 32 South towards Fort Meade. Take exit for Laurel onto US Route 1 South (Washington Blvd). Take a right onto Whiskey Bottom Road and you'll see the entrance to the center and park on your left.

*From Washington:* Take I-95 North to 216 East. Take a left at All Saints Road. Make a right onto Whiskey Bottom Road and you'll see the entrance to the center and park on your right.

**Roger Carter Community Center** – 3000 Milltown Drive, Ellicott City, MD 21043

*From Columbia* - Take Route 29 North to Route 40 East. Stay on Route 40 to the first signal light and make a right onto Rogers Ave. Follow past the County Office Complex then make a right onto Ellicott Mills Dr. Follow down the hill to first right onto Milltown Drive. The Community Center will be on your right.

### Inclement Weather:

The camp will meet rain or shine. For severe weather program changes, information will be available one hour prior to the camp start time on the Department's program status line, 410-313-4451; press 4 for camps. The recorded message will reflect any change to the drop off location or time changes for the camp. If the weather is severe, we will arrange for indoor activities. If there is a threat of lightning, we will take cover in a shelter.

### For More Information:

#### **Dawn Thomas**

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#### **Matt Medicus**

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